

SOUTH REGIONAL POWERLIFTING CHAMPIONSHIP RECORDS: GIRLS

3/5/2025

WT. CLASS	LIFT	AMT.	LIFTERS	BWT.	YEAR	SCHOOL
97 LB. CLASS	SQUAT	285	Jelynn Cheatham	94.6	2019	Slidell
	BENCH	155	Brennan Fallon	96.7	2020	Northshore
	DEAD	285	Jelynn Cheatham	94.6	2019	Slidell
	TOTAL	715	Jelynn Cheatham	95.7	2020	Slidell
105.8 LB. CLASS	SQUAT	300	Lola Cheramie	105.0	2023	Covington
	BENCH	155	Blaike-Lee Ordes	105.2	2016	Pope John Paul
	DEAD	315	Morgan Bleakley	104.2	2011	Lutcher
	TOTAL	735	Caroline Lagarde	104.1	2024	Northlake Christian
114.5 LB. CLASS	SQUAT	325	Kayley Rousse	113.5	2023	Fountainebleau
	BENCH	160	Mallory Guille	112.2	2022	Covington
	DEAD	350	Jaylan Bickham	106.6	2022	Slidell
	TOTAL	775	Jaylan Bickham	106.6	2022	Slidell
123.5 LB. CLASS	SQUAT	350	Lila Cooper	123.1	2025	Covington
	BENCH	205	Grace Hartdegen	122.7	2025	St. Scholastica Academy
	DEAD	325	Lila Cooper	123.1	2025	Covington
	TOTAL	860	Lila Cooper	123.1	2025	Covington
132.3 LB. CLASS	SQUAT	385	Eva Polini	131.1	2023	Northshore
	BENCH	185	Eva Polini	131.2	2024	Northshore
	DEAD	355	Brenna Becker	127.5	2023	Pope John Paul II
	TOTAL	900	Eva Polini	131.1	2023	Northshore
148.8 LB. CLASS	SQUAT	375	Alyzza Stann	144.3	2019	Covington
	BENCH	220	Alyzza Stann	144.3	2019	Covington
	DEAD	405	Denisha Melancon	135.3	2014	Lutcher
	TOTAL	995	Alyzza Stann	144.3	2019	Covington
165.3 LB. CLASS	SQUAT	440	Alyzza Stann	164.7	2020	Covington
	BENCH	335	Kaylee Robin	163.1	2025	Covington
	DEAD	400	Adeyinka Ariwajoye	161.5	2019	Slidell
	TOTAL	1085	Kaylee Robin	163.1	2025	Covington
181.8 LB. CLASS	SQUAT	405	Dominique Bourgeois	172.5	2014	Pope John Paul
	BENCH	225	Bailey Fields	177.4	2024	Covington
	DEAD	425	Adeyinka Ariwajoye	180.0	2020	Slidell
	TOTAL	1015	Adeyinka Ariwajoye	180.0	2020	Slidell
198.3 LB. CLASS	SQUAT	460	Esmeralda Reyes-Perez	196.9	2024	Slidell
	BENCH	220	Angel Hunter	195.0	2020	Slidell
	DEAD	445	China Storks	189.0	2013	Lutcher
	TOTAL	1035	China Storks	189.0	2013	Lutcher
220.3 LB. CLASS	SQUAT	460	Karmyn King	217.4	2019	Slidell
	BENCH	240	Olivia Candies	214.6	2021	Northlake Christian
	DEAD	435	China Storks	219.1	2014	Lutcher
	TOTAL	1100	Karmyn King	217.4	2019	Slidell
SHW CLASS	SQUAT	520	Ashton Chatelain	320.5	2011	Destrehan
	BENCH	265	Harmoni Brown	279.1	2019	Covington
	DEAD	450	Mia Plummer	249.9	2023	Northshore
	TOTAL	1190	Ashton Chatelain	320.5	2011	Destrehan